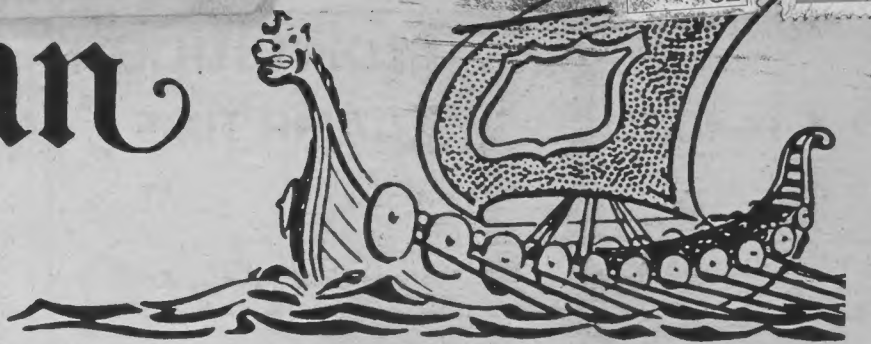




Scandinavian News

PUBLISHED BY THE SCANDINAVIAN CENTRE CO-OPERATIVE ASSOCIATION



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MAY 1984

Armas Hutri - Sculptor

Testing Finnish Taste

By Erkki Savolainen
Reprinted from Look at
Finland
February, 1983

At the age of 60, Professor Armas Hutri is a leading figure in modern Finnish sculpture and something of a lone wolf. I recently went to call on him at his studio home as he was preparing for a big exhibition to be held in Finland in autumn 1983. The professor, a youthful man with dark hair, was in his dungarees, in the throes of decorating his studio.

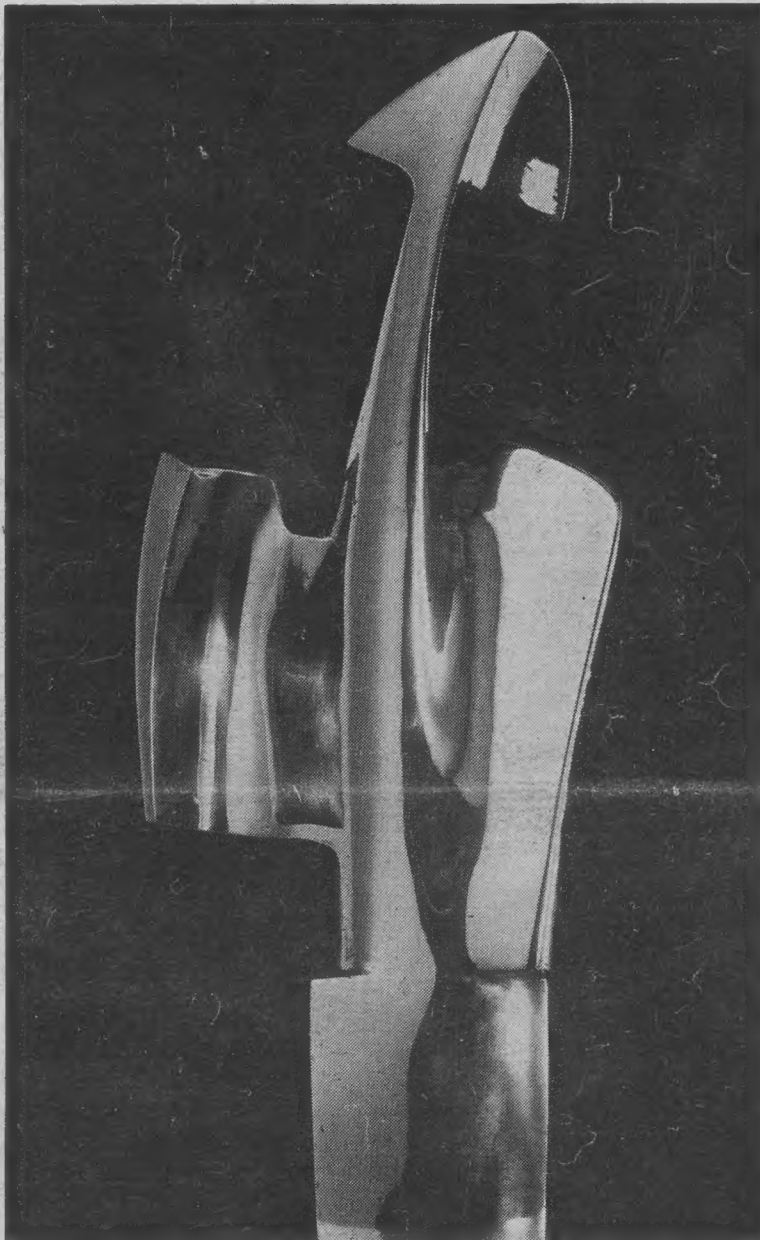
Hutri is one of the few sculptors who actually casts even his big monumental works in bronze. He has something of the pioneer and visionary about him.

Espoo, a fast-growing municipality immediately west of the capital, Helsinki, is rather unusual. At the centre is a modern garden city, Tapiola, but most of Espoo consists of woodland, lakes and farmland. There are old manors and farms, stone churches and little summer cottages, new housing areas and streamlined factories, blocks of flats and private houses blending in with the landscape.

It is also the home of 'dissenter' Armas Hutri, as he jokingly calls himself. Espoo is a good base for him, for he and Espoo have something in common: an open attitude to all that is new combined with an adherence to tradition. As a child he used to herd cattle in the forests of Karelia, passing the time by sculpting in bark and stone. His desire for expression was already there.

He was seriously wounded in the final days of the Winter War of 1939 - 40, while only a youth of 17. He had to learn to walk and speak all over again, to rebuild his life bit by bit. In 1947 this young man, still severely handicapped, came to Helsinki in his faded army jacket, ready to begin a new life.

Strengthened by successful rehabilitation, his artistic learnings led him to the then College of Industrial Art. Here he was encouraged and supported by the well-known interior designer and teacher Artur Brummer, though he was



'Rokki' is Armas Hutri's famous Bronze Bird from 1969.

in fact ten years behind most of his colleagues. The war and the injuries he sustained had taken their toll.

The pressure on the college after the war was enormous; only 50-60 of the thousand or more applicants could be accepted. But getting in did not solve all the problems. In order to finance his studies the young Armas spent many evenings working for a carpenter. He already had a fine eye for carpentry and was clever with wood. Some of the ornamental mouldings in the Vaakuna Hotel in the heart of Helsinki are the work of Armas Hutri. On completing his studies at the college Hutri was awarded its top scholarship, though inflation had already eaten away most of it. Before the war an artist could live on it in Paris for some time; now it would only extend to a few days, without the champagne.

But the young artist had little time for champagne anyway. During this third and last year at the College he had completely broken away from tradition and embarked on the career of a full-time artist.

His own master

"I completed my studies in 1952. The following year I was accepted by the Sculptor's Association. This was the beginning. No orders, no grants. But hunger is a good master. I quickly learnt the art of casting and worked on this. I began to make plaster casts for older sculptors. In this way I got to know Sakari Tohka, and I helped him finish the war memorial in Mantta."

Professor Aulis Blomstedt, an architect of national and international fame, influenced him most at the start of his career. "He helped me most of all to understand the

Reprinted from Look At
Finland
Feb. 1983

In this report we have interviewed the Finnish President's head waiter, Pekka Vilpas, and chef Erkki Onkalo, a man with years of organizing state visits behind him. Each of the Finnish provinces has very strong culinary traditions. We shall hear about the gastronomy of Savo, a province in eastern Finland from one of that province's best known gourmets, Bertta Rasanen, the brain behind many of the banquets served to foreign visitors by the town fathers of Kuopio.

For many years chef Erkki Onkalo and head waiter Pekka Vilpas have worked together to see that the Finnish President's guests are well looked after.

"How high do you rate Finnish food?"

"Whenever there is a State visit we always serve a Finnish lunch. The dinners are rather more cosmopolitan in taste but we ensure that at least one Finnish dish is included on the menus," say these two masters of the Finnish culinary art.

"But food isn't all that counts in these summit-level meals; almost as important is the table setting," says Pekka

Vilpas.

"We wouldn't be doing justice to Erkki Onkalo's gastronomic skills if we didn't give as much attention to serving the food and making the tables look attractive."

"What beverages are served at presidential banquets?"

"That naturally depends on what dishes we are serving," says Vilpas. "Our own Finnish liqueurs, particularly those made from cloudberry and the arctic bramble, are great favourites."

Erkki Onkalo and Pekka Vilpas have often accompanied the president on his visits overseas, where they have organized lunches and dinners given for the president's foreign hosts and guests. There is always something distinctively Finnish about these meals; sometimes even the flowers for the tables are brought all the way from Finland.

Into March President Mauno Kovisto went on a State visit to Norway. The menu of the Finnish dinner served at the grand to King Olav and his entourage, about 150 people in all, was: mushroom soup and pate, burbot rolls and burbot roe sauce, wild duck, with blue cheese sauce, and raspberry savarin with raspberry sauce.

CONTINUED ON PAGE 4

essence of sculpture and the way surfaces have to be handled.

"A good architect is also a sculptor - or should I say a good sculptor is also an architect. Both deal with shapes and the visual balance of rhythm and form. It was Aulis Blomstedt who gave me this grounding."

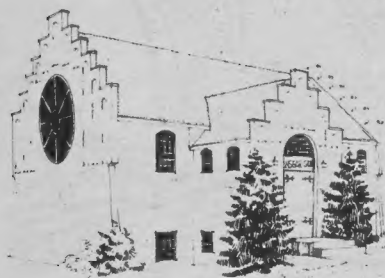
On top of his superb practical strain Armas Hutri was what one might call a natural eye for assessment, a built-in ability to see things in three dimensions, and thus abstract perception. To take an example of this concrete ability: he can read a map while driving a car and still be aware of what is going on around him. He smiles at certain recollections of this ability. "Once I was driving in Paris in heavy traffic, and the friends with me were terrified because I just drove straight ahead without even glancing to either side.

They thought I was heading straight for a collision. But we managed quite all right, and even got where we were going."

Talking to the master in his own studio home, I begin to think how appropriate the term 'master' is in speaking of Hutri, who is master of the house.

"I'm a war veteran and I'm an invalid. Perhaps the powers-that-be decided that an invalid sculptor is not much of an investment for society. I had already bought a plot of land and I tried to get a loan to build a house on it. I was refused, so I set out on my own, financing the project with my own work." This was in the '60's. As a student he had lived in a minute bed-sitter. Now he set about building the studio that was so vital to his work.

CONTINUED ON PAGE 8



Ansgar Danish Lutheran Church

9554 - 108A Ave.
Edmonton, Alta.

Schedule of SERVICES:

- June 3 - 10 am., Danish with Holy Communion
- June 10 - 10 am., English with Holy Communion
- June 17 - 10 am., Danish
- June 24 - 10 am., English
- July 1 - 10 am., Danish with Holy Communion - Pastor Basboll, Calgary
- July 8 - 10 am., English with Holy Communion - Paster Albert Rasmussen, Edm.
- July 15 - 10 am., Danish - Pastor Basboll
- July 22 - 10 am., English - Paster Rasmussen
- July 29 - 10 am., Danish - Knud Holm-Pedersen

Trollhaugen CAMP TIME

By Astrid Hope

Mark the dates August 18 - 25th on your calendar and please hurry!

Fill in your application for Trollhaugen Language, Arts and craft Camp. The registration fee is \$85.00 this year and camp will be held in the same location at Sylvan Lake. The theme this year is "NORWAY -- in the Arts". It will be a week full of learning the language, folk-dancing, ethnic cooking, crafts and culture. If you have a Norwegian costume, you are encouraged to bring it, especially for the final program.

Please write to Per Nielsen at 6035 - 105 B St., For applications or phone the following numbers: Per at 436-8155 or Astrid Hope at 469-4747 for information.

Again, a reminder for anybody interested in the CONTEST. Solglyt Lodge is holding a competition in order to present two awards - each a free week at camp. Write an essay entitled "Why I wish to attend Norwegian Language and Cultural Camp".

(1) Age 11 and under -- Approx. 100 words.

(2) Age 12 - 16 -- Approx. 250 words.

Hand - write your essay. Put your name, address, phone number and age on a separate sheet of paper and staple to your essay.

MAIL IT BY JULY 1, 1984 to:

Astrid Hope, Cultural Director,
Solglyt No. 143
6307 - 103 A Ave., Edmonton
Alberta T6A 0W7.

NOTE: Contest is open to dependants of Solglyt No. 143 members ONLY!

Royal Swedish Consulate

IMPORTANT DATES!

June 12 - 14
Swedish Participants at the National Petroleum Show in Calgary; For details contact Ake Buer, Swedish Trade Office, Calgary, Tel. 242-6353

June 2 - July 11

Vilhelmina to Wilhelmina Exhibition at the Provincial Museum, Edmonton. A small panel exhibition on the emigration from Vilhelmina in Northern Sweden to Wilhelmina and other places in Alberta and Saskatchewan. The Provincial Museum is open: 10:00 a.m. - 8:00 p.m. daily.

June 3 - 16:00 hrs

June 10 - 16:00 hrs

On the occasion of the above exhibition, the Provincial Museum is showing films of Swedish Emigrants. For

further details, please call Olga Eliuk, Tel. 427-1766.

July 3 Morning

Launching of Viking Style Long-Boat Replica

At Fort Edmonton, Edmonton; An interesting project of a scout troupe in Cold Lake under the command of Sgt. Ian Lovei of Medley (Cold Lake). The young boys (14 - 16 years) and their scout masters have constructed a half scale authentic replica of a Viking long-boat and 11 boys and two adults of the scout troupe intend to sail the ship down the North Saskatchewan River from Edmonton to Fort Gary Manitoba.

Anyone who can billet a boy or two for two nights (July 1 and 2,) please contact Werner Larsen of the Scandinavian Businessmen's Club, Phone 434-5324 (R), 432-5224 (Bus.)

SCANDINAVIAN NEWS

MANAGER

K. Holm-Pedersen
Box 8122, Edmonton,
Alberta T6H 4N9
Bus. Phone 468-1068

EDITOR

Eileen Peterson
3 Beaverbrook Crescent,
St. Albert, Alberta
T8N 2L3
Phone 459-3706

CORRESPONDENTS

Danish Society DANIA

Lili Nielsen
3903 - 111A Street
Edmonton, Alberta
Phone 435-5655

FINNISH SOCIETY

Of Edmonton
Anne Sahuri
16112 - 104 Avenue
Edmonton, Alberta
T5P 0S4
Phone 489-7515

ICELANDIC SOCIETY

of Edmonton
Nina Campbell
5612 - 142A Avenue
Edmonton, Alberta
T5A 1J8
Phone 476-3612

Sons of Norway SOLGLYT

Bob Burt
Box 75,
Devon, Alberta
Phone 987-3727

Vasa Lodge Skandia

Kaye Kerr
8620 - 172 Street
Edmonton, Alberta
T5T 0M1
Phone 487-2411

Vasa Lodge BUFORD

Wanda Markstedt
R.R. 3 Calmar, Alberta
T0C 0V0

Vasa Lodge NORDSTJARNAN

A. Holmlund
R.R.1 Wetaskiwin, Alberta

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L.K. Johnson
Markerville, Alberta

Aspelund Lodge,

Sons of Norway

Betty Wulff

4121 - 36 Street

Red Deer, Alberta

T4N 0S7

Phone 346-5952

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Solglyt Spotlight



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By Bob Burt

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Calgary, Alberta
T3H 1S1 Ph. 242-6353

The Valentine Dance held Feb. 11th was most successful with 59 members in attendance. Although there was a slight loss on this function, all enjoyed themselves.

March 24th was Kon Tiki Celebration. Members came in costume to the Captain's Cabin.

April 2nd Executive meeting was held at Kris Nyhus' residence.

April 14th Silver Broom Bonspiel was held at the Balmoral Curling Rink.

April 19th General Meeting of S/N, Wine & Cheese with Norwegian Whist.

May 7th Executive meeting held at Wally & Betty Broen's residence.

May 12th Sportsmen's Banquet held at Kingsway Motor Inn. Presentation of trophies for Bowling and Curling - winners will be listed in the next edition of Scandinavian News.

May 17th SYTTENDE MAI, Flag-raising was held at City Hall at 11:00 a.m. The Syttende Mai Banquet and Dance was held at the Saxony Motor Inn that evening. Music was provided by The Freeloaders. Story in Next Edition.

June 14 - 16th District 4 Convention will be held at the Besborough Hotel in Saskatoon. Delegates and their families will travel on their own.

Torske Klubben meetings are held the first Tuesday of each month. Ladies' Nites are held early in June and December.

A literary contest for young people of S/N is being held. Submissions go to Astrid Hope, (6307 - 103A Avenue, Edmonton, Alta. T6A 0W7) in their own handwriting, deadline July 1st. Articles from children to 11 years of age should be about 100 words; boys or girls 12 to 16 years of age, write approximately 250 words. The topic is "Why I Would Like to go to S/N Language & Cultural Camp". Two prizes of Free Tuition to the camp are offered. Language camp this year will be from Aug. 18 - 25th.

CHANGING YOUR ADDRESS?

Please advise The Scandinavian News as soon as possible of any change of address. Cut out your name and address from the front page and paste it in the space below, or print your old address.

And then give your new address and mail to:
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SCANDIA NEWS

By Kaye Kerr

Many of our Scandia Lodge members have been travelling to various parts of the world;

Evelyn Johnson is back from "Down Under". She reports having a most enjoyable holiday with her daughter Geri. They met in Los Angeles and travelled together to Australia and New Zealand. Evelyn also took her granddaughter, Kiri Johnson, with her to visit her maternal grandparents in Auckland, New Zealand. Evelyn and Geri continued on to Sydney, Australia, where they joined a marvelous 10-day conducted tour to Melbourne. They then flew back to New Zealand where they picked up a 5-day conducted tour from Wellington to Auckland. They spent the last few days of their trip visiting relatives before returning home the end of March.

Shirley and Joe Sykes and Florence Erickson spent 2 weeks on the island of Maui basking in the sunshine.

Evelyn and Willard Modin journeyed to Arizona. They visited friends in Havasu City, Sun City and also Mesa. They then travelled to Los Angeles and Disneyland returning along the West Coast and back through B.C.

Martha and Bill Kay have also had the travel bug. They motored in their new station wagon to Kamloops, Vancouver and Nanaimo where they visited friends and relatives.

Evelyn and Willard Modin journeyed to Arizona. They visited friends in Havasu City, Sun City and also Mesa. They then travelled to Los Angeles and Disneyland returning along the West Coast and back through B.C.

Recently Lulu and Harold Lundgren of Kamloops, B.C. were in Edmonton by special invitation from Canadian National. Harold and his crew were honoured for their accident free record and were presented with a Safety Award.

Debbie and Gary Ferguson have been in Scotland where Gary was playing hockey.

Ethel and Erland Markstrom will be flying across the Atlantic this summer to visit relatives in Sweden.

Ray Wold was in Vancouver recently. While there he visited Mrs. Lundgren. He reports Mrs. Lundgren is recovering very nicely after suffering a heart attack.

Kaye and Myron Kerr also vacationed in Australia. They toured New South Wales and Queensland where they visited with friends in Brisbane. Before returning home they enjoyed 10 days in Waikiki.

Ethel and Erland Markstrom are back from Mesa, Arizona where they spent the winter months. They experienced beautiful weather with above-normal temperatures.

About 100 family members and friends met at Pigeon Lake Club House on April 21st where dinner was served to honour Harold Markstrom on his 75th birthday. HAPPY BIRTHDAY TO YOU!

Linnea Lodge has been appointed by Order-in-Council to a 3-year term on the Alberta Cultural Heritage Foundation. CONGRATULATIONS!!

At our May Meeting Ray Nyroos was presented with a 25-year pin in appreciation for all those years of dedication and hard work at the Lodge.

The Vasa Ladies of Scandia Lodge 549 will be having their annual Pie Social and Raffle at Pigeon Lake on July 8th. There will be a bake sale of home cooking in conjunction with the Social. Everyone welcome.

Our annual Smorgasbord will be held on October 20, 1984 in Jasper Place Community Hall. Dance will follow with lively music by Neil Forsberg plus be sure to keep October 20 open. Everyone welcome.

Before the May meeting the Lodge Brothers hosted a delicious smorgasbord in honor of all the Mothers. We appreciate your kind thoughts and hard work. We all say

"Thank You".

A Scandinavian Exhibition will be presented at the Provincial Museum June 2 - July 11: Vilhelmina to Wilhelmina "A Long Journey to New Life". Sounds interesting.

The next meeting of the Vasa Ladies' Auxiliary will be hosted by Evelyn Johnson on May 17th at 7:00 p.m. Address: Suite 404, 10135 Saskatchewan Drive.

Members please make a note of the following future events:

- next lodge meeting at the Lake, June 2nd at 7:00 p.m. dance will follow the meeting.
- Noon June 3rd - Hokanson Barbecue at the Lake
- Golf Tournament - September 1st
- October 20th - Smorgasbord - Jasper Place Community Hall 9620 - 152 Street, Edmonton

A regular feature by Verna Larson, our Cultural Leader, is appearing elsewhere in this issue. Please be sure to read the article on "Life in Old Sweden."

Slides and commentary on Winter Games of District 4 Canadian Lodges have been set up by Bob Burt for presentation at the District Convention June 14 - 16th at Saskatoon, and the International Convention at Vancouver, Aug. 29 - Sept. 1st.

New members voted into Solglyt Lodge at the March meeting were Gail Ahlf, Jacqueline & Sied Lecki, Ron Parris & Janet Boyd; and at the Feb. meeting, Raymond & Jeanette Cartwright, Ragnar & Ragnhild Aas, Mark McGuire and Inger Aas, Raymond & Pat Fries, Shawn and Debbie O'Farrell, Wendy Hennig & Larry Odland, John Griswald and Wanda Scott.

The New Members list with Addresses and phone numbers should be available in the very near future.

Astrid Hope travelled to Govan, Sask., May 2nd, to visit her mother Lydia Tagseth. Her brother was also there from Prairie Sound, Ont. They visited for a week.

SOLGLYT CONTINUED FROM PAGE 1

An executive meeting was held March 12th at the home of Keith Lillevolden. Discussions were held on the Ski for Light program, and slides were requested on past Winter Games events. Bob Burt agreed to collect these slides; they are to be shown at both the 4th District Convention and the International Convention. Plans and suggestions for coming events were discussed and will be published.

The Norwegian guest Entertainers from Hallingdal and Drummond this July have cancelled their engagement, but hope to make the trip next year. It is unfortunate as members here were looking forward to seeing them.

Enoch Loveseth, Sons of Norway life member and member for the past 50 years, who was to be presented his 50-year badge at the Syttende Mai banquet, died April 23rd in Hollywood, Fla. at the age of 90. He leaves a son Lloyd and a daughter Alvina in Edmonton; a daughter in Calgary & one in Ontario. His wife Ella pre-deceased him in 1982.

Ken and Selma Domier spent Easter holidays with Ken's father at Norquay, Sask., where he will join the celebration of his father's 87th birthday.

Mrs. Ruth Wibe was visited by her brother Sverre Jorgensen and his wife from Arndal, Norway, on April 8th. They travelled by bus to Valparaiso, Indiana, to visit his sister, Mrs. Anne Manns, and her husband and family. Anne had not seen her brother for 50 years. Sverre could not believe the size of America.

Coming back they shopped at Chicago, where caught in a tornado near Minneapolis, and stuck in snow drifts in Bismarck, North Dakota. They've now seen everything but a sand storm. Mr. and Mrs. Jorgensen returned to Norway May 4th after a most interesting holiday.

Our President, Per Nielsen, has great things planned for this year. After taking his Oath of Office, he announced his goals: he hopes to get a 25% membership out to General meetings or social functions; further



Ladies sewing club at Eleanor Anderson's

he plans to increase the membership to over 500. For these ambitious

goals he asks member participation, not only in attending functions, but in urging others to attend.



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From Fjords To The Prairies

By Betty Wulff

Between 1859 and 1871, 700,000 Swedes, 350,000 Norwegians, and 250,000 Danes entered the United States and settled in the mid-west, mainly Minnesota, Wisconsin and the Dakotas. Then a round the turn of the century many sold their land there and came to Canada. The price of land in the States had risen and homesteads were made available in Canada, resulting in the first major settlement of Scandinavians in our part of the country. Later, many came directly from their homeland, but before 1900 most of our ancestors arrived via U.S.A.

During the 1880's the Canadian Government sent immigration agents to Scandinavia to promote this country as a land of opportunity. Because of their proven hardiness and skills Scandinavians were considered very desirable settlers. Vast reserves of farm land were set aside for them, especially in the Prairie Provinces.

The promotion was successful. Besides the overflow from migration to the U.S., others left their families and friends in Scandinavia and came directly to settle in the new country.

The 1921 census in Alberta alone listed 45,000 Scandinavians, one-third of whom were from Norway.

One immigrant, typical of many, was a young bachelor who homesteaded in Admiral, Saskatchewan, and now lives in Red Deer, Alberta.

Born Ivar Anker Jacobsen in 1881 in Norway, Ivar came to America when he was 22 years old. Although his first stop back in 1913 was with relatives in Wisconsin, his goal was to get land in Canada.

In 1914 he took the train north to Swift Current. Two more trains and a livery horse took him to Admiral, his destination. Arriving well after dark, he knocked on the first door he came to, which turned out to be the back door of a store. After much knocking, the first door opening in Canada was answered, luckily for Ivar, by another Norwegian. He understood Ivar's request and found him a place to sleep.

The next morning his uncle, John Sordahl, arrived and introduced him to other Norwegians in town. Because he would stay at his uncle's for a time, and to facilitate getting his mail, Ivar adopted the Sordahl name which he has kept this past seventy years.

There was lots of work to do everywhere, and Ivar worked at farm chores and on threshing crews and saved for a farm of his own.

By the time he was 25 he had filed on two quarters, built a 12' x 14' house, a 16' x 16' barn and purchased a pair of oxen.

He worked his fields and built up his farm, labouring at least fifteen hours a day. He would rise at 4:00 a.m.; and retire around 9:00 p.m.; taking a few hours off at mid-day to brake his own bread, do his laundry, and rest his team of oxen.

By the time he was 29 years old he had acquired two more quarters, some horses and needed farm equipment.

He had not seen his mother for seven years, so he left his land and animals in charge of a neighbour and took a holiday to Norway.

In Norway his mother introduced him to a young lady named Sophia Jenssen who became Ivar's wife. Many years later Sophia told her children how she had earlier overheard Mrs. Jacobsen say, "Dette er jente for mine gutter."

Besides being a proficient seamstress, Sophia was accustomed to the hardships and chores that survival demanded. They were married, and after returning to Canada, had four children. The first, a girl, died a few days after birth, but son Oddmund Sordahl lives in

Wetaskiwin, daughter Ruth (Mrs. Victor Peterson) and son Donald Sordahl live in Red Deer.

In 1929, Ivar and Sophia bought another half section of land from a bachelor neighbour who wanted to return to Norway to live. Some could not take the lonely life of the prairie, and longed for the mountains and fjords of home.

In 1932 Ivar augmented his farm income by taking a lineman job for the Admiral Telephone Company. Blessed with good physical stamina and health, Ivar was a fine example of the hardiness that Canadian Immigration officials were seeking.

Sophia as well worked long hours tending her children and home, as well as cattle, chickens and garden. During the depression she sold butter and eggs to buy groceries. An average week would bring her .96¢ for 24 lbs of butter that she churned by hand. Eggs sold for 8¢ per doz. A frugal housewife, she would always be careful to order no more groceries than the value of her produce. "Do without if you do not have the money in your hand!" was a common adage in pioneer homes like Ivar's and Sophia's, and in years to come she instilled this in her children.

Yet no one was ever turned away from the Sordahl home. They often welcomed travellers, ranchers from the south, to stop for a meal and a night's sleep. Sophia became well known for her hospitality and good fare, and her ability to sew an overcoat complete with buttonholes and pressing in one day.

For over 50 years the Sordahls worked the large farm, and in 1973 they decided to retire to Red Deer. A year later Sophia died of cancer, leaving Ivar with the memories of their rewarding life together.

Ivar Sordahl is the oldest member of Aspelund Sons of Norway Lodge in Red Deer. At 92 years of age he still occasionally attends lodge meetings and socials. This venerable pioneer is known for his bright spirit and lively sense of humor.

A high standard of values, honesty and hard work, were the basis of these Scandinavian pioneers.

They provided well to following generations, not only endless plowed fields ready to seed and harvest, but a philosophy for success.

In paying tribute to pioneers like Ivar and Sophia, we say "Mange Tusen Takk." We also say "Well Done!"

Norwegians.... In Central Alberta

By Betty Wulff
Red Deer

Aspelund Sons of Norway Lodge welcomes inquiries from anyone interested in the benefits of becoming a member. A fraternal society, its motto is "Preserving a Heritage, and Insuring a Future."

Aspelund's members are actively trying to maintain Norwegian culture in Central Alberta. Most of its 160 members are second or third-generation Norwegian, and indeed some are not Norwegians, but

because of some association or interest have joined the fun.

With the passing on of many from the generation who immigrated here at the turn of the century, and because of the lack of recent immigration from Norway, re-learning and maintaining Norwegian culture has proven a real challenge to Aspelund Lodge members. Each interested member is constantly on a "Search and share" quest of anything relating to Norway.

Old things have been brought out of

storage trunks and shared lovingly with fellow members. Bookstores and music shops are besieged with special orders on what is going on, or has happened, in Norway. Recipes are tried and swapped, folk-dancing perfected, and beautiful old crafts are being brought to life again. Each member, knowing little or no Norwegian language, struggles valiantly to sing "Ja, Vi Elsker" at the monthly meetings.

If you can help, or wish to learn some of these activities, Velkommen til Aspelund Lodge.

McKay House

By Astrid Hope

On April 26th McKay Avenue School on 10425 - 99 Ave., now being renovated and renamed McKay House, held Open House from 3 - 7 p.m. It is now a Multicultural Centre serving Edmonton immigrants who, like the school-children before them, will be going through a learning experience that will help make their way through life in their new country.

National flags of many lands lined the hallway. Craftwork and ethnic foods were displayed in the rooms

where children once sat at desks. Astrid Hope was there in Norwegian costume with a display of Norwegian crafts and artifacts. Susanne Balslov displayed her Danish pottery, while Inger Paulson demonstrating bobbin-lacemaking. Ellen Nielsen represented the New Danish Club.

For the opening Beth Bryant, Assistant Cultural Director for the province and former Cultural Minister, Horst Schmidt, were present. Dr. William McKay's granddaughter, Louise Wilson, was present recounting

memories. (This school was named in honour of her late-grandfather.) More than 300 people toured the facilities and commented favourably on the displays.

Any organization will be able to make use of the facilities at set fees by making bookings for meeting rooms and class rooms, special cultural events, dances, programs such as arts and crafts, language classes or ethnic cooking. The second floor will later be developed into a school museum and archives by the Edmonton School Board.

FINNISH TASTE FROM PAGE 1

"The meal was rounded off with Finnish coffee and Finnish liqueurs of course."

One of Pekka Vilpas's most treasured memories is of the Queen of England's State visit, which came to a truly royal end for him with the announcement by the Master of the Royal Household that it was the turn of Mr. Vilpas to receive a gift from Her Majesty as a token of her appreciation for all he had done.

What Erkki Onkalo and Pekka Vilpas really value in Finnish food is its simplicity and unpretentiousness. But they regret the only too frequent slip that is made of offering visitors from overseas typically Finnish dishes that must seem very strange to those not accustomed to them.

"One item that never fails to be a success with our guests, though, is Finnish bread. We always include bread in our lunches. One kind that is very popular is a warm flat bread made from barley flour."

When I asked the two men for their favourite menus they both began,

almost in unison, with cream of cep soup. Finland's unspoiled forests are rich in fungi to suite the palate of the most demanding gourmets.

Chef Onkalo continues his menu with game bird and finishes it with Finnish berries: fresh in summer, frozen in winter. He has given our foreign readers a chance to remember their stay in Finland with the following easy recipe for Finnish fish loaf.

Warm Pike Loaf

1 kg. pike,
minced three times
10 egg whites
11 double cream
salt
pepper
nutmeg

Combine the egg whites and minced fish. Beat the cream in gradually

CONTINUED ON PAGE 10



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Aspelund Laft Hus Society, (see "UNIQUE PROJECT" - March, 1984 Scandinavian News)

Members of this group are engaged in building and furnishing an authentic Norwegian "STUE" or dwelling - circa 1700. All the old crafts are being introduced and learned in this project and the finished product will be a gift to all Central Albertans.

The latest news from this society is the generous gift of ten rolls of sod

roof underlay, called GRUNN-MURPLATE, from the Platon factory in Notodden, Norway. Arrangements are being made for a special sod roof application demonstration to be conducted in early July.

Contact your Norwegian correspondent for information about these two societies or with news of Norwegians in Central Alberta.

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SKI TRAILS TO SKOKIE



Complete ski party at Skokie

By Bob Burt

Each year Ole Hovind, Edmonton Cross Country Ski Instructor, leads a group of skiers through the mountains on a scenic trek to Skokie. This lodge is a beautiful log Ski Chalet, high in the mountains, built in the early '30's north of Lake Louise.

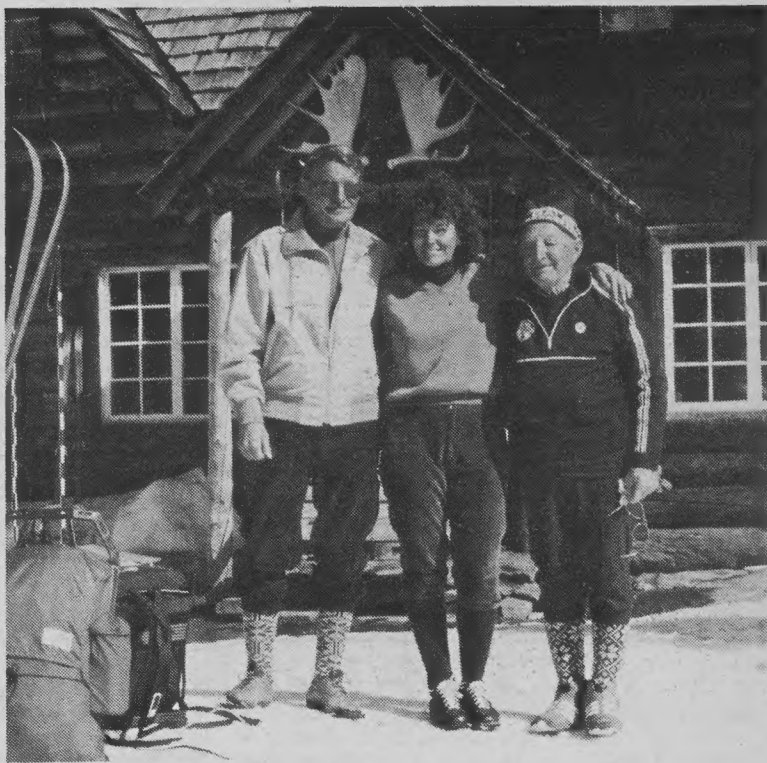
A party of 23 ski fans made the trip this year starting April 12th, returning only after a most enjoyable weekend. In the gathering there were some

Sons of Norway members; these included the leader Ole Hovind; his son Harold, who had just returned on vacation from Libya; Harold's daughter Karen; Wally and Betty Broen with their son Keith; and Ron Nichol with nephew George.

The group met at Lake Louise Thursday to start the tour through nature's Wonderland of White. From Lake Louise they were bussed to the Temple Area Lodge, where the gang

prepared to wax-up for the ski-in. The expedition, a leisurely 16 km. jaunt took the party about 4 hours. Enroute the troupe ventured through Boulder Pass, across Ptarmigan Lake and over the large Deception pass, which is at the 9,000' level. It was then all down-hill in a gentle hike to Skokie Lodge.

The second day the band skied together taking in plenty of sun, sking the deep powder snow as the crew



Ole Hovind, his son, Harold, and granddaughter, Karen

climbed to Marlin Ridge. From this vantage point they seemed to be on top of the world. They could see as far as Banff to the north and the Revelstoke Mountain Range on the west. The day was one to remember for a lifetime. The air was fresh and clean, clear, crisp and silent as they skimmed along without a care in the world.

The assembly spent two days just skiing, like nomads rambling and sun-

ning, taking in the grandeur of the mountains.

It was with regret that the party left their haven of solitude returning home Sunday, back to the crowded rat-race, pollution and din.

If you want to be close to heaven, see Ole and sign up for his sojourn to the Mountains next year.

Whist with Wine & Cheese

At the General meeting of Sons of Norway on April 19th there was an Initiation ceremony at which Raymond & Jeannette Cartwright, Pat & Raymond Fries and Ron Parris were welcomed into the Lodge. New members voted into membership included Curtis & Sonja Lund, Janina Shulte, Anny Waldmo, Siobhan, Maeve, Fidelma and James Muldowney and Kaare Torgness.

It was announced that Knut Hedeman, Norwegian Ambassador to Canada will be in Edmonton, May 12. He and his wife will attend the Sportsmen's Banquet that evening with Mr. & Mrs. Arne Johannessen, Norwegian Consul of Edmonton.

Mr. & Mrs. Arne Johannessen have been named Honorary members of Sons of Norway Solglyt 143 Lodge.

Lutefisk Dinner is in the planning stages, and it is hoped will be held at the Saxony Inn in November.

Following the General meeting members of Solglyt Lodge sat to play Norwegian Whist, and enjoy wine and cheese. The social conveners served the wine and cheese throughout the contest; this was followed by an elaborate lunch with coffee.

When the games were over, and scores tallied, it was found that Ken Domier and Kris Nyhus were tied for high man. In a draw, Kris Nyhus was named winner; low man's score was taken by Raymond Fries. High score for the ladies was Selma Domier, while low lady was Goldie Borge.

A newly released film "Viking Find in York" (Jorvik) was shown. Scenes were seen of the excavations and re-opening of the Viking City of Jorvik in Yorkminster. They have uncovered buildings, walls, artifacts, leather, broaches, etc. This was the city after the defeat of the Anglo Saxons by Erik Blood Axe in 984, now reborn as York.

There was no General meeting in May and possibility of none for the Summer holiday months of June-August. Executive meetings will be called if need be.



Norwegian Whist Competition

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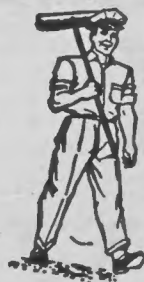
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CALGARY AND EDMONTON MEET

Torske Klubben from Calgary and Edmonton met Wednesday, April 11th, at the mid-way point, Innisfail. An even 100 members and guests were present to give praise to the Royal Fish (Black Cod). There were some doubters there, but it was noted that they went back for more fish, surprising themselves. Ladies of the Red Deer Lodge are to be complimented on the excellent Supper provided for Torske Klubben members.

Busses left both Edmonton and Calgary, picking up members en-route. There were members from Edmonton, Wetaskiwin, Camrose, St. Albert, Spruce Grove, Red Deer, Carstairs, Rimby, New Hombra, Innisfail, Bowden, Olds and Calgary, present to enjoy fellowship with other Sons of Norway members. It was reiterated that Sons of Norway and Torske Klubben keep the Norwegian Culture alive.

Heat table guests included Ed Ness, S/N Canadian Foundation, Ingar Halberg, Gary Johnson, Roy Swanberg, Knut Haga and Stan

Soberg, guest speaker.

Following the delicious supper there were many guests introduced, many 'Skols' with Akvavit, and a goodly number of stories and jokes told.

It was discovered that Erling Swanberg, father of Roy Swanberg, was present to celebrate his 78th birthday. Erling was president of Calgary's Valhalla Lodge in 1964, and was able to initiate his son.

Mrs. Thelma Dorin (one of the providers of the feast), was wished many happy returns of the day on her birthday, and was presented a card, signed by members of the Solglyt Lodge, wishing her all the best.

When guest speaker Stan Soberg was introduced, he said he was raised in Bardo out of Ryley. He went into radio broadcasting under the name Stan Stirling.

In his career on talk shows, etc. he has interviewed many well known personalities. He travelled to Duluth, Min. where he interviewed the Norwegian Curling team World Champions this year and he played a tape

he brought back. Stan is presently announcing at C.F.A.C. Radio, Calgary. He said that the Silver Broom will be played off in Glasgow, Scotland. For his interesting talk, he was thanked by Roy Swanberg, and presented a bottle of Akvavit, a token memento of the occasion.

It was announced that the Norwegian Culture and Language Camp would be held August 18 - 25th at Sylvan Lake, hosted again by Solglyt No. 143 Lodge and President of Ski for Light, stated that he was proud to be associated with Ski for Light speaking of the grit, stamina and persistency of skiers who are handicapped. He spoke specifically of Hank Wheeler, and his connection with Outreach.

Persons at the dinner who were not members of Torske Klubben and wished to join must first join Sons of Norway and be initiated by both organizations. It has been found that Torske Klubben members make the best executive Officers in Sons of Norway, and are those that attend most lodge functions.



Roy Swanberg, Knut Haga, Stan Soberg, Emil Dorin, Gary Johnson, Ingar Halberg, Ed Ness.

Solglyt News

By Astrid Hope,
Cultural Director

Iver Venoasen celebrated his 90th birthday on April 30th with his family at a brunch at the Convention Inn; later the family gathered together at Iver and Martha's home for coffee and cake. (Kransekake included.)

On Monday, March 26th, the Freeloaders entertained at Elmwood Lodge. We missed Thora Anderson (mother to Anders and Inge), who lives there, and heard she had the misfortune to fracture her foot but is recovering nicely. The Freeloaders have played there on many occasions



Beth Bryant and Astrid Hope at McKay House

and the residents always look forward to the next time.

On April 28th, Astrid, in Norwegian costume helped to serve at an Ethnic Food Fare held at St. Augustine's following the theatre presentation of Molier's "Tartuffe" performed by the touring "Chinook" group. It was an explosive performance, an attack upon hypocrisy and the apparent religious fervor of the imposter Tartuff. The truth is realized almost too late. There were delectable foods and drinks of various countries. The Norwegian table had lefse, krumkake and rosettes.

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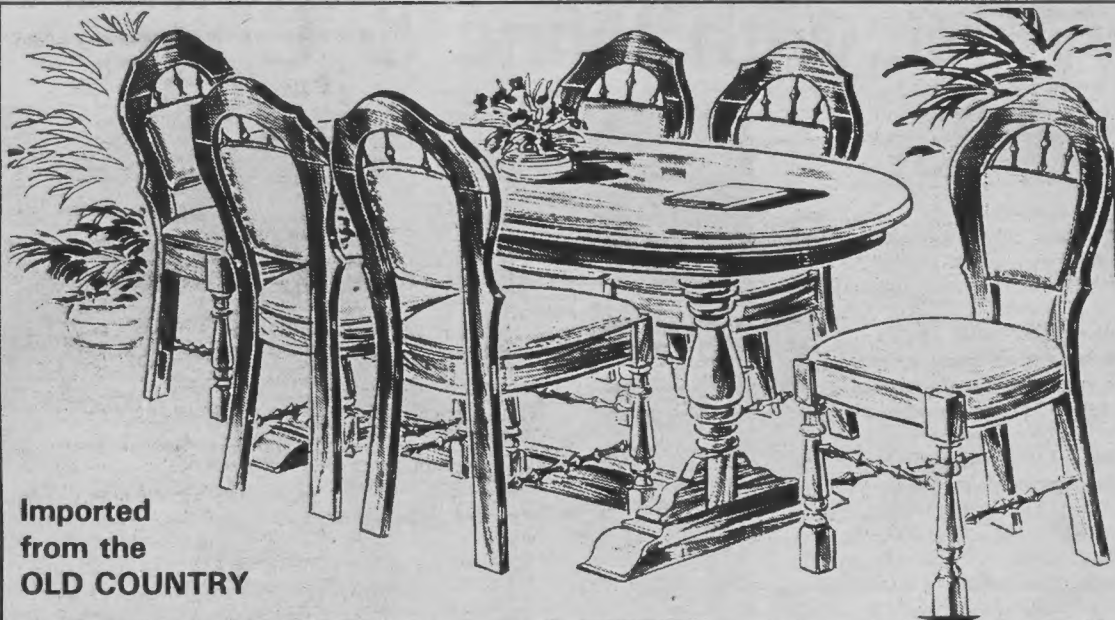
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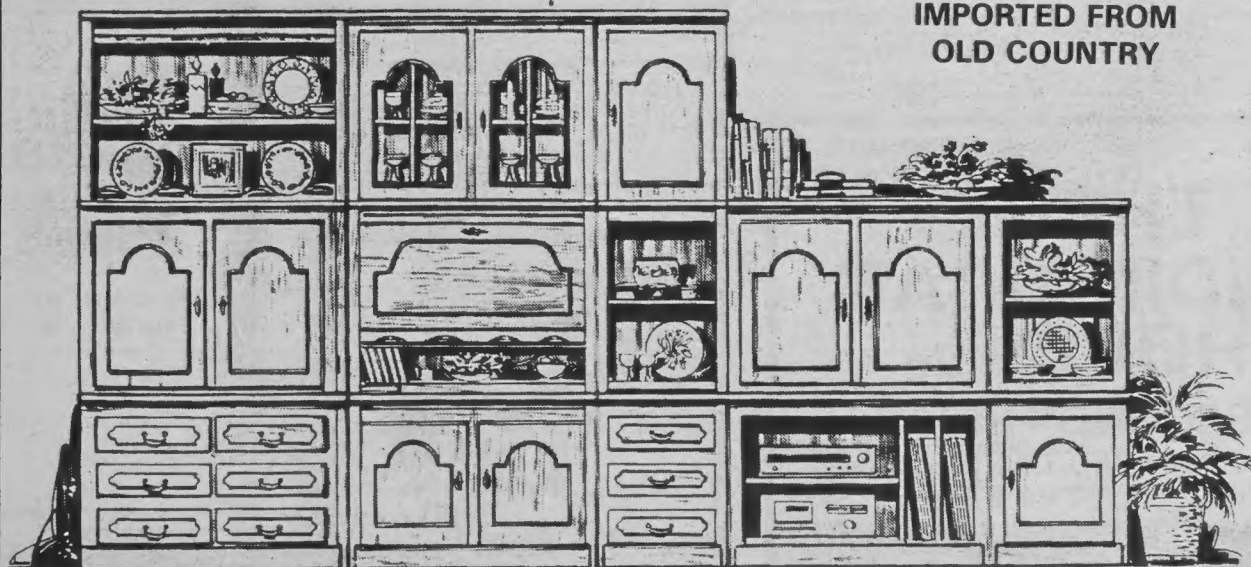


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FINNISH FOOTNOTES Annual Fishing Derby

Some forty-plus people braved the already-weakening ice on April 1, 1984 at Lac St. Anne, Westcove, where the Annual fishing Derby was held this year.

This tradition of The Finnish Society of Edmonton stems back from the early mid-fifties when the fish were plentiful and also much bigger than nowadays. No kidding - I remember when my Dad brought home pickerel that were 30 - 40 inches long, and now we are proud if we catch a pickerel at all. (Usually there is no mention of size, since they are most likely under 15 inches long - and that is a good one, too.)

Well, anyway - we set out early in the morning and promptly had some problems with the car, but after moving the equipment and ourselves from

one vehicle to another we were happily on the way to win, for sure, this time.

It seemed that only one car had been driven on the lake that morning and since it was promising to be a beautiful, sunny day, we left the car on the shore and walked to the ice, pulling a sled along with all the necessary gear on it. We were only about one hour late from the starting time so we were still hopeful since it looked as if no one else was having much luck either.

But as time wore on and I had only two small perch and one medium size jack - fish - I decided that to win wasn't the only joy, it was joyful just to be there in the fresh air with all those others who caught more fish than I. (I wasn't jealous.)

In the afternoon the fish were weighed and the results are as follows:

LADIES:

1st. Maria Leppanen
2nd Ellen Kopra
3rd Anneli Thurlin

MEN:

1st. Urho Leino
2nd. John Sahuri
3rd. Vilho Ristola

Hearty congratulations to all the winners, and a thought for the losers - Practice makes perfect.

And here is a little question, the truth I only wish. Are all the fishermen liars, or do only liars fish?



Is this a Trophy Fish?

FISHING

By Anja Sahuri

Early summer morning one day
my father took me fishing in his boat.
He woke me up and said - hey -
hurry up and get your hat and your coat.

Away we went into the misty morning,
leaving mother behind to cook.
And once in a while before the evening,
she went to shore to take a look.

But father and I were in his boat,
catching fish - more than the pail would hold.
Weather was nice - and me - warm in my coat -
and fishing was very good - all told.

I was curious and touched the fish that was slimy,
and father said, that is a jack.
I was sitting in the bottom of boat, getting grimy,
when the perch pricked me and I poked it back.

Why is the perch so prickly, I said,
while the jack is so smooth to touch.
Father laughed and said, shaking his head,
boy, you don't know about fish very much.

Once in a while we tasted our lunch,
and had some cold milk to drink.
The birds were singing - wanting something to munch,
and I was too content, even to think.

The sun was shining - the water was clear,
and the day just seemed to fly by,
the sky was blue, and my father dear,
and I, had a good day without even a try.



Winners - Ellen Kopra, John Sahuri (Back) Maria Leppanen, Anneli Thurlin, Urho Leino and Vilho Ristola.

Life in Old Sweden

By Vasa Cultural Leader, V. Larson

I would like to present a few of the unusual aspects of life in old Sweden in the early 1800's; just as there are births and weddings in Sweden, so are there funerals.

Somehow it appears to be common in parts of Europe and the British Isles to celebrate a death, as well as to mourn. We have all heard of the Irish Wake, where friends and relatives stay with the deceased all night before the funeral. This apparently was the case in old Sweden as well. A party was held the Saturday before the funeral, with much food and drink in evidence.

There was much ceremony in connection with a funeral. Special mourning costumes were worn, and these would also be worn by the immediate relatives for some time after the funeral. Crosses and stars were made from paper and used as decorations for the home and the church. Other ornaments were made from painted rose hips, berries, or even small potatoes, depending upon the time of year.

In the funeral procession, again preceded by the fiddlers, strange superstitions were evident. For a horse-drawn hearse, the front feet of the horse would be observed. If the horse took the first step with the left foot, a woman would be next to die, and if it was the right foot, a man. If a married man died, his widow sat on top of the coffin on the way to the church. If an unmarried woman was the deceased, she would wear a wedding costume, and she would wear a wedding crown on her head (similar to the Vasa Crown I myself wore at my wedding).

On the Sunday following the funeral, friends and relatives would meet again, sing hymns, and eat and drink.



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KON TIKI CELEBRATED



The crew of the Kon Tiki: Kris Nyhus, Keith Lillevolden, Ken Domier, Bernie Olfason, Wally Broen, Norm Legaarden.

By Bob Burt

Members of Sons of Norway gathered March 24th at the Captain's Cabin for a short meeting, succeeded by a Dance. Following the short assemblage, those present gathered to celebrate the voyage of Thor Heyerdahl - the 4,300 mile cruise from Peru to one of the Polynesian

Islands, in 1947, on the raft Kon Tiki.

Fifty S/N members were present in Hawaiian costume to set the mood of the evening. Door prizes were accepted by Norm Legaarden and Peter Hansen. After a great deal of difficulty in judging the costumes, Roy Sundby was named the Man's Best Dressed; while A Janette Burt was the Best-Dressed Lady. In the spot

dance, Harry Huser and Ruth Logan were the lucky ones. Music was provided by the Moonlighters.

During the evening a play was presented, with commentary by Bea Huser, on the voyage of the Kon Tiki. The back-drop represented the 4,300 mile journey, which took 101 days.

The crew was comprised of the leader, Thor Heyerdahl, portrayed by Kris Nyhus. The captain and Bengt Danielson (the Spanish-speaking Swede) played by Ken Domier, were the anthropologists, studying the origins of different nations. Herman Watzinger (Bernie Olfason) and Eric Hesselberg (Wally Broen) were the navigators. Thorsteinn Raaby (Norm Legaarden) and Eric Hangland (Kieth Lillevolden) were the radio men.

The raft was 45' at its longest point, had 30' sides, and was made of 9 giant Balsa logs lashed together.

There were no nails, wire or metal used, so that the raft would be similar to one that might have been used by stone-age men. A small bamboo-cane cabin with banana-leaf roof was the only shelter. provisions and water, a four-month supply, with eight boxes of the crew's personal belongings, were lashed to the raft. Erik brought a guitar. The box of books Bengt had took 4 men to carry. Painted on the sail was the red head of the Sun King.

On April 27th, 1947, the Norwegian Flag was raised, and the Raft christened "Kon Tiki", by Orla Tychsen. A parrot was put on board as a mascot.

The raft reached the Polynesian Island 3½ months later. They were greeted by the mayor (Per Nielsen). Native women (Olga McBride and Betty Broen) hung white leis around the crewmen's necks.



Roy Sundby receives Best-Dressed prize from Orla Tychsen.

Thus it was proven that a raft could have drifted from South America westward to the South Pacific Islands.

Members of Sons of Norway dramatically portrayed this voyage. It is such a performance as this that leaves a lasting impression and will long be remembered. Our thanks go to Bea Huser, Astrid Hope and the cast for such a hilarious dialogue, written by Bea Huser.



A. Janette Burt receives Best-Dressed prize from Orla Tychsen

beginning for me as a sculptor. One very important event was the international exhibition of sculpture at Ribe in Denmark in 1974, along with such great masters as Henry Moore, Pablo Picasso, and so on. The comments and criticism I got there were again extremely encouraging. Some of the works I had on display there went on to Canada, with some of my other items. My first private exhibition of any size was at Hamilton, in Ontario. From there about 15 pieces of sculpture went on to Montreal, London, Edmonton, Vancouver, Thunder Bay and back to Toronto."

by this time the artist had a firm foothold on the North American continent. In 1978 he took his exhibition to the United States, visiting Oregon, California and New York. His most re-

CONTINUED ON PAGE 9

CONSERVATIVE URGES ELIMINATION OF RACISM



Jack Murta, M.P. Conservative spokesman for multiculturalism.

The Progressive Conservative Party of Canada's Spokesman for Multiculturalism, Mr. Jack Murta, M.P., has called on parliament to make the elimination of racism "absolutely the highest priority" on the national agenda.

Speaking in the House of Commons on the International Day for the Elimination of all forms of Racial Discrimination, Mr. Murta stressed his conviction that Canadians must continue to work against racism until it has been completely eradicated.

"This country is a multiracial, multicultural society made up of Canadians - Canadians first and foremost, but with different backgrounds and different languages - coming from all parts of the world", the Conservative spokesman said. "We must obviously work towards a society in which race, colour, religion and even clothing make absolutely no difference to the kind of lifestyle and goals that we want to set."

Mr. Murta stated that a major commitment must be made to educate Canadians about the poisonous effects of discrimination. In addition, he called for a toughening of the provisions in the Criminal Code dealing with people who discriminate.

The Progressive Conservative Member of Parliament concluded his remarks by declaring his Party's wholehearted commitment to the elimination of all forms of racism and

pledging his support for any measures designed to achieve that goal.

HUTRI CONTINUED FROM PAGE 1

Foothold in the New World

Armas Hutri has work on display in Finland for thirty years now, both at big joint exhibitions and on his own. Following the completion of his studio he again went through a period of crisis and challenge.

"It was most pronounced in the later half of the '60's. Sculpture was all concerned with welding. No one had any time for casting. Juries simply wanted to have nothing to do with them; I found this very restricting. I felt I had to set my sights elsewhere."

The first step was an exhibition by invitation in Estonia (Tallinn) in

1970. It got a very good reception. The following year Hutri opened up the route to the West by going to Canada, visiting the galleries in Toronto and exhibiting for the first time, again with good results.

"In a way, it was a sort of new



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STONY PLAIN FASHION SHOW



Prior to Fashion show

By Bob Burt

Here was a Fashion Show with a flare. The Ethnic Committee held a Cosmopolitan parade of Nations Wednesday, April 25th, at the Multicultural Heritage Centre at Stony Plain.

The evening commenced with a quiet interlude, music provided by the local Heritage Recorder Consort. Mrs. Sharon McCune was Master of Ceremonies, backed by a multitude of organizers and workers. Ms. Barbara Smith, the narrator, read the commentary on each costume of the parading models. There were 32 Countries represented with 36 different National costumes. The patrons were seated around decorated tables.

Some unusual costumes were from Lebanon, Morocco, Zambia and Ghana. Exceptional dresses were from China, Hungary and Austria. The Ukrainian and Norwegian costumes were most attractive. Mrs. A Janette Burt modeled her Nordlands bunad with pride. The Ukrainian costumes are always sturdy, bright and decorative. Mrs. Ho was resplendent in her ornate Chinese theatrical period costume.

Through the intermission Ms. Joy Proulx rendered a number of folk songs, accompanied by her acoustic guitar. Ladies of the Heritage Centre provided beverages, ethnic cookies, and pastries that were delightful; as well cheese and wines were served.

The evening was enlightening, educational and a pleasant change of pace, and a great deal of work had gone into the organizing of such an extravaganza.

HUTRI CONT. FROM PAGE 8

cent exhibition there was with the James Hunt Barker Galleries at Palm Beach, Florida in 1981; he got good press and television coverage.

Higher and higher

There is one clear thread running through Armas Hutri's works: nature, a never ending source of inspiration to which he always returns. And wood is for him a tangible reality and a favourite material. His other love is bronze, a living metal in which he has immortalized many human and animal figures, designs and monuments, memorials for public places, simple plaques and medallions. His range is as wide as life itself. And always he is striving upwards.

An impressive monument by Armas Hutri now stands in Thunder Bay, Ontario. It was erected some years ago in memory of the Finnish emigrants and pioneers. "The monument depicts two swans. I cast them in Finland and then sent them to Canada. The base is Canadian granite, though. My swans flew across the Atlantic and now these noble birds are a symbol of the emigrant's permanent longing for the Old Country. They have come to rest in this work, but they could well take flight and make for the homeland again. But the most important message is that the swan is a strong bird, a strong flyer. The emigrant must have strong wings to fly to the New World and to fulfil himself there. The memorial was unveiled at Thunder Bay in 1976. I was there at the time, surrounded by thousands of Finnish emigrants and their descendants. I couldn't prevent a tear from escaping when the monument was unveiled and the orchestra began the

opening bars of Sibelius' Finlandia. I was overcome by emotion.

The artist had just decided on the theme for this monument when he received the commission from Canada. It must have been intuition. "I could envisage the work all the time." The public's reaction at the unveiling was spontaneous. One Finn who had been living in Canada for 40 years said in a loud voice: "I'll be flying back to the Old Country one day..."

Hutri says he had much the same experience on completing his big alterpiece, a wooden relief, for Vaalijala church. Vaalijala is a home for mentally handicapped children. All in all, about 45,000 little pieces of wood, a favourite, warm material, went into this work, skilfully moulded into 80 sections. "I collected a dozen or so children from Vaalijala when it was ready and asked them what they thought of it. One little boy in a wheelchair, who could say only a few words, immediately pointed out to his pals what the work was all about: our Savior saying 'Suffer the little children to come unto me...' That too was a moment never to be forgotten, but I was also filled with joy because I had managed to put something so important across to these children.

Return to form

Now Armas Hutri is getting ready for a big exhibition in the near future, first in Helsinki and then in northern Finland. After that it will probably go on to Oslo in Norway, and possibly even further west. It is a survey of his work over the past 10 years. The

CONTINUED ON PAGE 10

HOCKEY NIGHT

By Bob Burt

Fifty-seven members and guests gathered May 1st at the Saxony Inn for the enjoyable Torske monthly feed. After the many toasts "A sa sv-inger vi pa Seidelen igjen hei-SKAL!!", with akvavit, the members settled to watch the 4th hockey game between the Edmonton Oilers, and the Northstars, which Edmonton won 3 - 1, taking the Campbell Conference Trophy.

Members watched the T.V.'s provided, with greater interest, for pools had been made up making those present feel they were part of the game. It was set up so that all had a chance, and there were twelve winners through period and final scores.

Those lucky ones winning included: Einar Viddal, John Stensland, Roald



Ron Nichol, Sgt. at Arms and Bos Gary Johnson

Enokson, Kris Koslowski, Ron Nichol, Peter Hansen, Ken Domier and Raymond Fries. Big winners included Don Sjolie, Sev Berge, Les Finch and Harv Haugen. This evening was a pleasant change from the usual meeting.

The meeting also saw the initiation of new members to the club; Larry Odland, Berry Lofto and Ronald Parris were inducted. This brings the membership to over 100. The meeting reviews programs and Sports with which S/N are involved; Social activities recent, past and those coming up, and what to look forward to at the next Torske.

The next meeting will be Ladies; Nite, and will be held June 9th at the Saxony Inn; as usual interest is building for this occasion.

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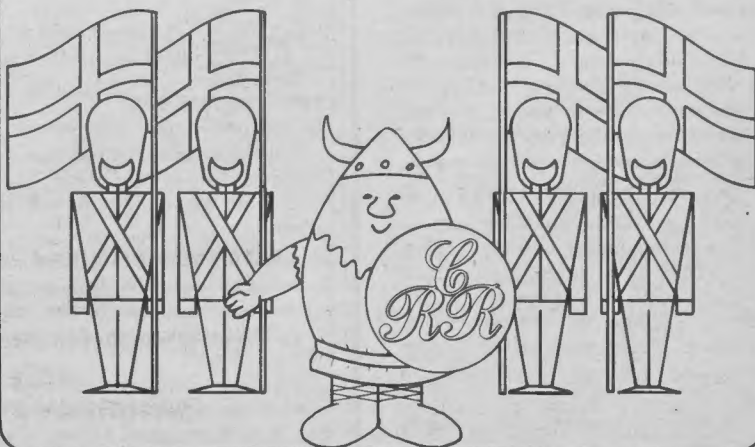
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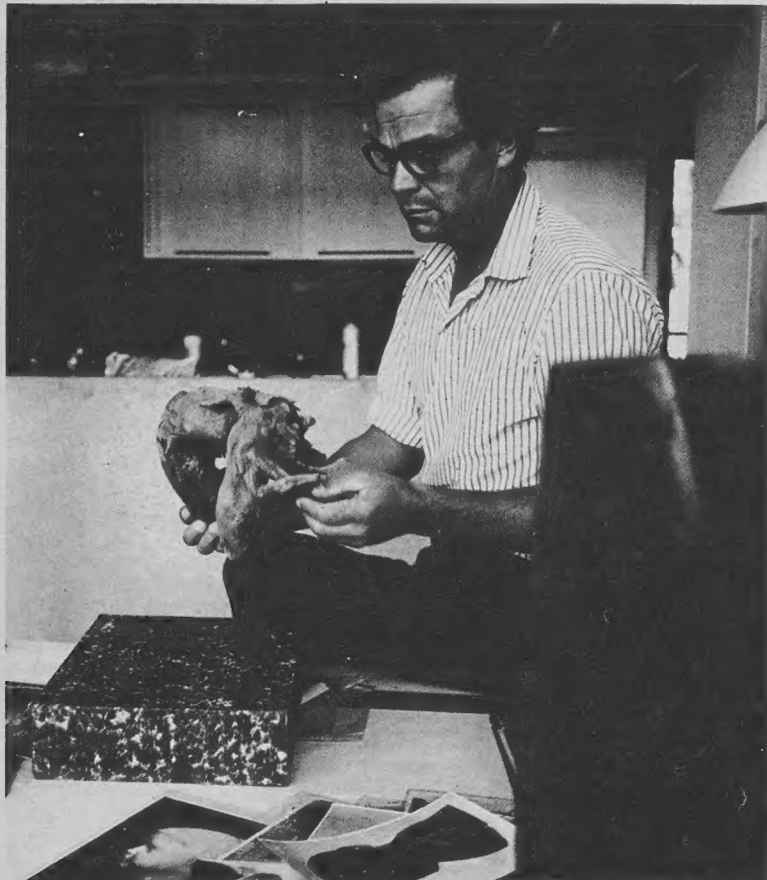
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HUTRI FROM PAGE 9



Armas Huri - Sculptor Prepares For Show

dominant line is highly stylised, symbolic and abstract. But as he himself says: rhythm dictates the form and nature dictates the rhythm. "The era of wire and bits of plastic is irrevocably over. Look around you and what do you see? Wire and plastic being carted off to the rubbish dump." The simile is certainly very concrete. For Huri claims that the restless search for material and experimentation is more or less over in sculpture. "We are now getting nearer to plastic form and symbolic representation again, through marked stylization."

One of Huri's most recent works is called Jogging. In other words it is highly topical. But what is the basic message? It is not just a figure jogging along a path. This figure has got a wooden leg. Jogging was his downfall. Slavish adherence to some

passing fad can also be fatal. Surely this warning applies to many human efforts, including creative expression.

Finally the conversation turns to the casting process. "I chiefly cast by the old method with wax. I cast almost all my big works myself. I've got a little one-man workshop for casting attached to the studio, and a furnace and a melting pot for melting the metal down. Many sculptors still cast their smaller works, and especially metals. But I think I must be one of the few who cast big items themselves, first in sections, then putting them together."

Huri now has plenty of space in his own studio, but it has now always been so. His life has been hard, but he does not wish to dwell on it. "One must be able to forget and to overcome defeat and bitterness. I live by the principle that every day I am permitted to live is worth living."



Armas Huri and a work at the moulding stage.

FINNISH TASTE FROM PAGE 4

with a hand whisk. When the mixture has a firm consistency add the salt, pepper and nutmeg. Spoon it into a greased dish placed inside a larger one filled with water and bake at 220°C. The baking time is about 30 to 40 minutes. This recipe is generous enough to satisfy the appetites of several hungry fish-lovers. And what's more, it's easy to make.

What Pekka Vilpas would like to do is take his visitors from overseas to his lakeside summer cottage. There he would first offer them fresh lingonberry juice and then he would get them to help him smoke vendace or perch. Add some good Finnish bread and Finnish beer, and there you have it - the perfect meal!

"If we have a dessert then I usually

CONTINUED ON PAGE 11

Sons of Norway Silver Broom

By A. Janette Burt

Eight teams met at dawn on Saturday, April 14th, to compete for the coveted "Silver Broom", Sons of Norway Style.

The luck of the draw from a hat determined the players on each team, as well as the draw and Round-robin play.

Scoring was done on the basis of 2 points per end won, and 5 points for winning a game. Four-enders constituted a game, with a half-hour rest and refreshment period between games.

The games were all close, and many ending in a tie, but it was Dale McBride again whose name will appear on the base of the Silver Broom. This year his rink consisted of Goldie Borge and Ed Stoyko. Second place winners were: Al Letendre, Ray Cartwright, Janet Fenstad and Marlene Stoyko. Third place went to Stan Johnson, Ken Domier and Louise Johnson.

Following the Spiel the curlers met at the home of Ken & Selma Domier for a barbeque and social evening. Our gracious hosts, with a few contributions from the guests, outdid themselves in making the evening a gourmet success.

A special thanks to the organizers of the 'Spiel and to the Domiers for the party.



Lunch at Ken & Selma Domier's residence for curlers of The Silver Broom.



Winners of Silver Broom; Per Nielsen Presents Trophy to Dale McBride, Goldie Borge, Ed Stoyko.

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The pure taste of
Finlandia Vodka
is at its best in
this drink.

FINNISH TASTE FROM PAGE 10

make lingonberry 'kissel' (thickened fruit juice) and top it with whipped cream."

Foods that Messrs Onkalo and Vilpas recommend tourists to take home with them as mementos of their stay in Finland are our tasty cheeses, bread, lingonberry jam, smoked fish, smoked reindeer, sauna-cured ham and roe.

"If you forget to buy them beforehand, you can always stock up at the shop at the airport."

ed with porridge oats) and rubarb 'kissel'. The most common dinner or lunch-time beverage in Savo is home-made beer with no alcohol content and a vaguely sweet flavour. Nowadays Finns are very keen on growing their vegetables and soft fruit without sprays and artificial fertilizers. The air in this country, which is very clean by European standards, ensures that cultivation gets off to a good start and gives our vegetables and fruit the delicious flavour that you



The Kalevala banquet table preserves tradition.

"The hors d'oeuvres at the presidential lunches often consist of Finnish fish in some form or another," says Erkki Onkalo. "We are really spoilt with fish here in Finland; what could be more delicious than our whitefish, Baltic herring and perch, particularly our freshwater perch."

Where would Savo be without its 'kalakukko'?

"Serving foreign visitors to this country isn't necessarily a straightforward procedure. For many of them religion dictates what they may and may not eat," says Bertta Rasanen, a well known culinary expert from Savo, a province in eastern Finland. Bertta Rasanen has been the genius behind many of the specialties served to foreign visitors to Kuopio, the capital of the province of Savo.

"We Finns have been taught that when we are invited out for a meal we should taste something of everything. But we can't apply that when we are planning menus for foreigners, and so I have a number of ready-made menus catering for the tastes of people of different nationalities."

Jews, Muslims and Hindus need have no fears when they are offered mutton, fish and chicken the way they are served in Savo. And the mouthwatering desserts are delicacies that should suit everyone, specialties like lingonberry puree (thickened with rye flour), fresh wild berries, berry oats (redcurrants cook-

ed with porridge oats) and rubarb 'kissel'. The most common dinner or lunch-time beverage in Savo is home-made beer with no alcohol content and a vaguely sweet flavour. Nowadays Finns are very keen on growing their vegetables and soft fruit without sprays and artificial fertilizers. The air in this country, which is very clean by European standards, ensures that cultivation gets off to a good start and gives our vegetables and fruit the delicious flavour that you

"I have served 'potattituuvinki' and 'tirripaisti' with a large selection of vegetables to Chinese visitors," says Bertta. "Potattituuvinki" is in fact no more than mashed potatoes, and "tirripaisti" is crisp fried pork. The names sound strange even to Finns that is because they are Savo dialect, not Finnish.

Bertta Rasanen was a small girl when she learnt the secrets of good cooking under the direction of her mother and aunt. One of her achievements is the 'Savolaisen keittokirja' (The Savo Cookbook), which was published a few years back and which is a mine of information about local foods from the province of Savo.

In her book Bertta Rasanen describes how for hundreds of years the preparation of food in Savo followed an annual cycle, a kind of culinary calendar. Certain foods were reserved for certain days and weeks. People were still following this calendar in Savo in the 1940's. "Leafy groves, a plentiful supply of fish from the lakes, gently rising hills, open meadows, wild heaths carpeted with berries; that's Savo for you, that's the countryside that has long determined what local housewives put in their cooking pots."

Sometimes the Savo dialect is so difficult to understand that it even defeats Finns from other parts of the country. Even the names of Savo



Pekka Vilpas and Heikki Onkalo have laid the table in the President's grand banquet hall. A simple Finnish luncheon menu features Burbot soup and roast elk.

dishes have an exotic ring in the ears of Finns from elsewhere. One familiar name that is easy to pronounce, though, is 'kukko' which translates as 'cock' but which, in the culinary tradition of Savo, is an oval-shaped pie, often quite fair sized one at that, with a crust made from rye flour and water wrapped around various combinations of fish, meat, potatoes, swedes, turnips, and even blueberries. It's said that Savo can boast a good ten or more different kinds of 'kukko'. The

best place to buy them is at the jostling market places or in the covered market halls.

'Potattikukko' is like a big thick loaf of bread. The word shouldn't prove too difficult for the English speaker; after all the word potatti comes directly from the English potato, and 'kukko' is that pie so typical of Savo.

The most common filling in potattikukko is mutton, and potatoes of course.

Bertta Rasanen told us that in the olden days the gentry could always stay at people's homes without payment. It was in fact considered an honour for a farmer to have such esteemed guests. The visitors would be served meat balls, perch and vendace fried in butter, and fish sauce. The potatoes were always peeled before they were boiled for the gentlefolk.

Foreign visitors shouldn't expect quite such treatment, though.

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NEXT DEADLINE JUNE 10, 1984

Caring for the Aged

Reprinted from Look At Finland
Feb. 1983
By Tutta Reneburg

A headline in the leading Finnish daily, Helsingin Sanomat, on February 7 1983 read, "New therapy rejuvenates the elderly." The article referred to the treatment given to long term patients at the hospital of the Muhos health centre. According to the article "Patients formerly bedridden now queue for chairs, and dayclothes have replaced nightshirts."

"It's slowly starting to spread," says Professor Ilmari Ruikka, chief physician of Turku City Hospital.

"Slowly" might be said with a certain note of irony, but Dr. Ruikka's voice betrays nothing but satisfaction. Twenty-five years have passed since he made headlines by making changes in the care of old people. He felt that elderly long-term patients in hospitals and homes for the aged were not being treated correctly; in fact, they were not being treated at all. They would just lie apathetically in bed waiting to die.

Activation and flexibility

Elderly people who were considered unable to care for themselves used to be routinely placed in institutions, often hospitals. Elderly patients suffering from apathy, depression, and dementia were often given only basic treatment, and nothing was done for what were considered the 'normal' diseases of old age: sore feet, urinary incontinence, poor eyesight and hearing. Professor Ilmari Ruikka decided to try activation instead.

"We started to retain senior citizens for life. One of the main faults of geriatric care has been that treatment is limited to the basics. Another was the notion that elderly patients did not need accurate diagnosis. These faults meant that an unnecessarily large proportion of hospital beds were occupied by what were considered long-term patients, and waiting lists for these beds were long. Passively lying in bed increases apathy and dementia. Being on a waiting list is also discouraging and depressing. At the same time old people's diseases make them more and more frail. Treatment should be given as early as possible if therapy is to be effective."

Activation therapy means that the patient is not left in bed; as soon as it is at all possible, he is encouraged to sit up and to walk. At the same time physical therapy, handicrafts, and all kinds of stimulating activity begin. The patient is required to do as much as he can himself: to dress and wash

himself, eat in the dining room, and go to the toilet. The staff are strictly forbidden to help the patient do something if he can do it by himself.

"Tube-feeding and urinary catheters can in most cases be dispensed with. Only a fraction of the old people coming in for treatment really need them. In Turku we have had such good results with activation therapy over such a long period of time that our information can be considered reliable. We are also very careful about medication. With new patients, we often discontinue all medication to see how not being on drugs affects their condition. Often, taking drugs proves unnecessary."

As a result of activation therapy, hospitalization time has decreased in Turku; 60% of all patients remain less than three weeks. This has eliminated waiting lists completely and considerably decreased the number of long-term patients.

"The waiting list problem was further alleviated by guaranteeing released patients immediate re-admittance into the hospital whenever necessary. An old person hospitalised at our facility, treated, and released need only telephone us to be re-admitted without the inconvenience of red tape

and waiting. But the old people we treated did not require treatment nearly as often as we expected. The average period between hospital treatments is now a year and three months. During that time the patient usually lives independently at home, whereas under the old system he would have remained apathetically bedridden."

No more dependence on charity

The days when old people who had either lost or been rejected by their relatives had to rely on the mercy of the church, or later, with the advent of municipal medical care, the local poorhouse, are over. For nearly a century old people have been kept in homes for the elderly and in hospitals. Professor Ruikka feels that that was certainly an improvement; at least the elderly were guaranteed a roof over their heads and basic care. But the experience of 25 years has shown that care for the aged can be arranged much more humanely and -something which should interest economists - more economically.

"Old people lying in institutions without therapy are like boat people waiting for a refuge, without land in sight. Activation therapy, good diagnosis and proper treatment of

diseases is a starting point. If an elderly person cannot manage well at home after treatment, transfer to a home for the elderly should be considered. The home sends us an ill resident and we send them a rehabilitated old person. Even in the most hopeless looking cases, the patient can usually be trained to sit up, feed himself, go to the toilet and cheer up a bit. Fighting apathy always pays. What at first appears to be dementia sometimes disappears."

Elderly patients at Turku City Hospital wear an attractive navy blue day gown. Mandatory 24-hour use of a nightshirt was abolished 25 years ago. The handicrafts instructor does not limit his work to handicrafts alone. Listening to records and playing cards is very popular. Excursions to department stores and nearby towns prepare the patients for their return to normal life.

A broader comprehension of geriatrics is currently an important

part of Finnish national health policy. It is also included in the reports contributed by Finland to the WHO campaign to bring health to all by the year 2000. In addition to geriatrics, the Finish National Board of Health is actively developing home care as an alternative to institutionalization. The time will come when the growing proportion of old people will no longer occupy a lion's share of hospital beds. By the year 2000 the number of people over 75 will increase by 50%. Pessimists are demanding a 50% increase in the number of places available in institutions. However, the optimism of Professor Ruikka is turning the tide. The shock caused by institutionalization, which has so far increased the apathy of old people deprived of their familiar home surroundings, is becoming a thing of the past. Misdiagnosed dementia often turns out not to be irreversible at all. The old people revitalized by the 'Ruikka school' are convincing proof.



The Danish Royal Guard celebrates its 325th Anniversary this summer. The changing of the Guard takes place daily in front of Amalienborg Palace when Queen Margrethe is in residence. Photo: Dnaish Tourist Board.

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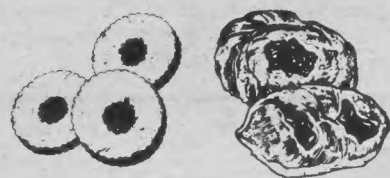
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